



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Florian Gräf

Number: 1070

Course: 160.00 km  
100 Meilen

Category:  
Senioren M35 (35-39) M

Total time: 19:21:39

Speed: 8.26 km/h

Running performance: 7:15 min/km

Rank in course/Total: 6 (of 70)

Rank in course/Men: 6 (of 63)

Best time in course: 17:03:47

Rank in category: 2(of 7)

Best time in the category: 17:40:50

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Hörselberg	42.00	4:21:04	6:12	3	45:29	8	45:29	42.00	4:21:04	6:12	3	45:29	8	45:29
Sondra	28.00	3:38:59	7:49	2	16:59	5	18:24	70.00	8:00:03	6:51	2	1:02:28	5	1:02:28
Glasbachwiese	17.00	2:20:19	8:15	2	8:36	7	21:54	87.00	10:20:22	7:07	2	1:11:04	8	1:11:04
Floh-Seligenthal	27.00	3:13:25	7:09	2	13:06	7	28:23	114.00	13:33:47	7:08	2	1:24:10	7	1:24:10
Finsterbergen	24.00	2:51:24	7:08	2	4:36	6	29:43	138.00	16:25:11	7:08	2	1:28:46	6	1:38:46
Fröttstädt	22.00	2:56:28	8:01	2	12:03	12	2:56:28	160.00	19:21:39	7:15	2	1:40:49	6	2:17:52